

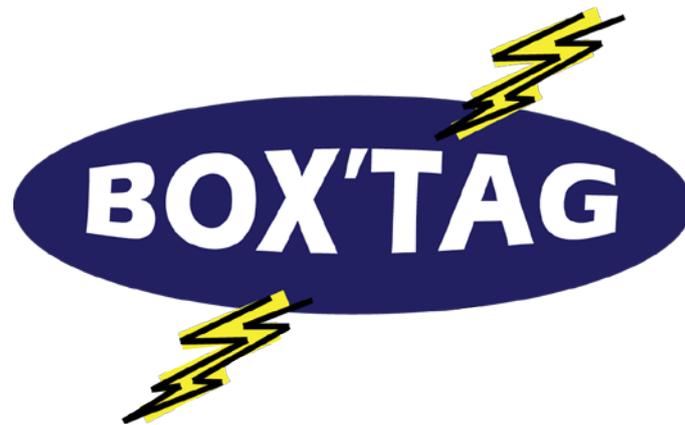
Australian

BOXING & FITNESS ACADEMY

IN CONJUNCTION WITH



PROUDLY PRESENTS





Box'Tag Overview

What is Box'Tag?

Box'Tag is an entertaining, competitive, contact sport that involves minimal risk to participants. The concept has been developed to make boxing safer and allow people of all levels to experience the thrill of competing in a boxing ring without the fear of injury.

Box'Tag was developed by Strongarm Boxing using technology produced by the Australian Institute of Sport (A.I.S) & the Commonwealth Scientific and Industrial Research Organisation (C.S.I.R.O). The concept of Box'Tag is a means of spreading boxing fitness to the mass community. Many men and women enjoy the training of boxing classes; however they never experience the thrill of competing and testing their own ability inside the boxing ring. This is generally because of the concern regarding facial and head injuries.

How does Box'Tag work?

It involves two opponents competing in a boxing match with the use of protective equipment and sensor technology. The sensors fitted into the vests measure each scoring impact. The data are transmitted to a score board that displays the results in "REAL TIME". Unlike traditional boxing, Box'Tag has LIVE scoring throughout the bout, involving the crowd and creating an exciting atmosphere.

How is Box'Tag Safe?

Each opponent is fitted with a specially made lightweight vest, protective head guard and standard foam filled gloves. All equipment features wireless sensors that will record the contact of every punch. The scoring system encourages impacts to the body as opposed to the head. Any impact to the head may lead to point reductions or disqualification. The same applies to impacts deemed (by the referee) as too forceful. This enables the focus of Box'Tag to be based around speed and skill rather than the power of each opponent. The idea is to outscore your opponent in a fastpaced, adrenalin filled boxing contest. The safety equipment and the point scoring system ensure that there is little danger of harm to either competitor.

Who can participate in Box'Tag?

Box'Tag is a sport for people of all ages. It is a high intensity fitness exercise that requires basic boxing skills, speed, footwork, discipline and patience. Fitness and boxing skills are required before participation. A Box'Tag Implementation Seminar is compulsory for all those wishing to register for upcoming competitions.

Men, women and children of all ages are welcome to get involved in Box'Tag. It is a sport that is SAFE, fun and addictive for the whole family. Children as young as 5 years of age can enjoy training for Box'Tag and special competition formats are available from the age of 8 years onwards.

Box'Tag is incredibly popular especially with women as it has all the fitness elements of boxing training but the fear of injury has been largely removed. It is safe for kids of all ages as they are protected from heavy contact and learn vital skills such as speed, patience and tactics. It is great for their self confidence.

Where is Box'Tag available?

The Australian Boxing & Fitness Academy (ABFA) oversees the development of Box'Tag in Victoria. Registration as a recognised Box'Tag trainer can be organised through them.

Registering as a recognised competition or training venue is via initiation only. Expressions of interest can be forwarded to boxtag@abfa.com.au

At the time of printing North Melbourne Boxing & Fitness has been designated as the accredited host venue for official Box'Tag competitions. Speak to us about how you can organise an in-house private workshop for you, your staff and members.

Boxing is the ultimate form of fitness training and Box'Tag is the revolution in boxing safety.



Box'Tag Rules

Safety equipment

All Box'Tag participants must wear:

1. Head gear
2. Mouth guard
3. Groin protector (male participant)
4. Breast protectors (female participants)

Specially modified 12oz boxing gloves are provided.

Scoring Points in Box'Tag

The target zones as shown in fig.1 are the white striped patches: torso and shoulders ONLY.

A special conductive patch sewn to modified boxing gloves must contact TWO of the sensor lines. Contacting two lines closes an electrical circuit and registers a point.

1 hit (to the target zone) = 1 point

Losing Points in Box'Tag

There are several circumstances in which competitors can lose points.

1. Heavy impact striking. The sensors cannot register the force of the punch so it will be up to the referee's judgment as to the threshold. Excessively heavy impact will also result in an official WARNING and can lead to disqualification.
2. Head impacts.
3. Excessive blocking to the point where proper boxing technique is lost.
4. Verbal abuse towards an opponent, spectators or the referee.

A penalty typically involves deduction of 2 points but the referee has the discretion to impose greater deduction depending on the seriousness of the offence.

THREE official warnings to an individual will see them automatically disqualified. Abuse will not be tolerated and only ONE warning will be given.

Where considered necessary by the referee, disqualification of a competitor can occur without a prior warning.



Fig.1

Round length

The number and length of rounds can vary depending on the experience of both participants. However, generally a Box'Tag bout will consist of 3 rounds of 90 seconds each with standard 60 second break between.

It is important for participants to pace themselves throughout the rounds and not utilize all of their energy within the first 30 seconds. It has been recorded that the work rate of Box'Tag participants during a bout is similar to that involved in Olympic boxing contests. This is possible because of the inherent safety factors where there is no fear of injury from head strikes and/or heavy impacts.

Other info

Every participant must have either an accredited Box'Tag coach/trainer or a fellow participant in their corner during each bout. No one is to compete alone. The Box'Tag community strives to create family based environments that encourage participation by all levels of skill, age and fitness.



Competition divisions

As mentioned earlier in the RULES, Box'Tag is a safe sport that focuses on speed, fitness and skill rather than power & aggression. There are no head strikes or heavy impact hits. This allows the weight divisions to be much broader.

Height divisions for ADULT MEN:

- Up to 160cm
- 161cm - 170cm
- 171cm - 180cm
- 181cm - 190cm
- 191+

Height divisions for ADULT WOMEN:

- Up to 150cm
- 151cm - 160cm
- 161cm - 170cm
- 171cm - 180cm
- 181+

ADULT is classified as 18y.o and over.

VETERNS category:

- Aged 40+
- Height restrictions do not apply

KIDS competing in Box'Tag will go off age:

- Junior: 8-10yo
- Youth: 11-14yo
- Young adult: 15-17yo



Pre- competition requirements

Prior to participating in a Box'Tag bout the following requirements need to be met. All competitors must:

1. Complete a Box'Tag introductory seminar / workshop
2. Register as a participant within your division
3. Complete a PAR-Q questionnaire

All venues, coaches, volunteers & participants must adhere to the ABFA's code of ethics.

Personal trainers can speak with Sean or Shane from ABFA on how they can become recognised by Boxing Australia as an official Boxing Fitness trainer as well as a registered Box'Tag coach/trainer.

Thank you for your interest. For further information visit www.abfa.com.au or email:

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